

Smoking, Asthma & **Your Kids**



Being Near Tobacco Smoke Can Make Your Child Sick

Does your child have ear infections, colds, or asthma attacks? If you smoke, your child may be getting sick from the cigarette smoke.

How Secondhand Smoke Hurts Your Child

Secondhand smoke is the smoke from a lit cigarette, cigar or pipe. Secondhand smoke sticks to your hair, skin, and clothes, even the walls and furniture in your home.

Secondhand smoke causes many health problems. It makes other health problems, like asthma, worse.

When kids breathe secondhand smoke, they:

- Get sick more often and for more days
- Have more coughs, colds and ear infections
- May have allergies and asthma attacks
- May have heart problems or lung cancer when they grow up

How to Keep Your Child Away from Secondhand Smoke

- Do not smoke in your home or car
- Ask family and friends not to smoke in your home or car
- Ask smokers who visit your home to smoke outside
- Ask your child care and babysitters not to smoke around your child
- Change your clothes and take a shower when you come home from working in a place that allows smoking.

*If you want to quit smoking, call the
Indiana Tobacco Quitline,
1-800-QUIT-NOW (800-784-8669).
Help is free. All calls are private.*



1-800-QUIT NOW

Indiana's Tobacco Quitline

(800-784-8669)

QuitNowIndiana.com